1-22. (Cancelled).

23. (Currently Amended) A method, comprising:

placing a component of a hard disk drive in a packing containment unit of a packing tray;

inverting an exchange tray with an exchange containment unit with respect to the

packing tray and matching the packing containment unit;

positioning the exchange tray above and in contact with the packing tray; and

rotating the packing tray and the exchange tray together to move the component from the

packing tray to the exchange tray wherein a limiter attached to the exchange tray matches a

limiter of the packing tray, and at least one of the packing tray and the exchange tray comprise at

least one of a main pin, a secondary pin, a ventilation slot and an alignment pinhole.

24. (Original) The method of claim 23, further comprising:

holding a plurality of components in the packing tray simultaneously; and

transferring the plurality of components to the exchange tray simultaneously.

25. (Original) The method of claim 23, wherein the exchange containment unit is an

indentation shaped to hold the component.

26. (Original) The method of claim 23, wherein the exchange containment unit is a set of

prongs to hold the component.

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- 27. (Cancelled).
- 28. (Original) The method of claim 23, wherein the component is a magnetic read/write head.
- 29. (Original) The method of claim 23, wherein the component is a micro-actuator.
- 30. (Original) The method of claim 23, wherein the component is a head gimbal assembly.
- 31. (Original) The method of claim 23, wherein the component is a head suspension.
- 32. (Previously Presented) The method of claim 23, further comprising securing at least one pin hole in the exchange tray to at least one pin hole in the packing tray.